



THE
ART OF BEAUTY,
OR, A
Companion for the Toilet.

IN WHICH THE
CHARMS OF THE PERSON
Are Considered and Explained:

Under the several Heads of
SHAPE, FEATURES, AND COMPLEXION.

To which are added,
EASY, SAFE, and CERTAIN METHODS,
of attaining External Beauty.

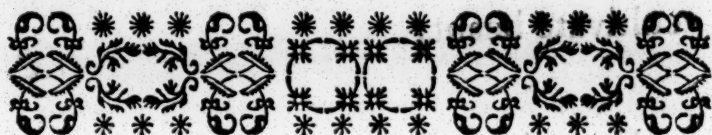
Being an entire New Work,
*Written by a late Eminent English Physician
at the Russian Court.*

And absolutely necessary for every Woman that
would either become, or continue Handsome.

L O N D O N :
Printed for J. WILLIAMS, under St. Dunstan's
Church, Fleet-street. 1760.
[Price One-Shilling and Six-pence.]

Cup. 408. NN. 26.





T H E

P R E F A C E.

ALTHO' piety, modesty, virtue,
good sense, and ingenuity, ought
to be the chief objects of every woman's
attention; yet since the frailty of hu-
man nature inclines men, rather to
listen to their senses than their judgment,

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it must be allowed an innocent at least, if not an necessary care in the fair sex to cultivate beauty.

FOR this purpose was the following book written; namely, to enable the ladies to cultivate, and illustrate the charms which Nature hath given them, and even to procure those graces, which, on the other hand, she may seemingly have denied.

I SAY seemingly for many, very many beauties bestowed by Nature, are spoiled, and entirely lost by the possessor's negligence. The skin that appears tawney may be only so by its being too much exposed to the weather. The red and rough hand was originally white and
soft

P R E F A C E.



soft, and needs but the right assistance of art to recover its native state; the shape, that is gross and disformed, may, by care and art be brought to an agreeable proportion; the hair that is either of a displeasing colour, or lankly flagging instead of curls, may be made both of another colour, and to twirl up in beautiful ringlets: in short, there is hardly any defect in beauty, that may not be in a great measure supplied by art.

THIS work is not to be ranked among the trifling performances that are daily published, and that have scarce any thing to recommend them but their novelty, though perhaps at the same time they contain nothing that is new.

The

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The contents of it are agreeable to the name we have given it; and the book deserves to be considered as a complete Treatise of Beauty: for the author has described at large every thing that can destroy, preserve, increase, or diminish it; and he has omitted nothing that has a relation to its physical, or moral causes.

It is hoped that the ladies, for whom this work is chiefly composed, will not be much at a stand by the few terms of art they will meet with in reading it. They are so learned and so accomplished now-a-days, that we cannot without affronting them, doubt of their capacity.

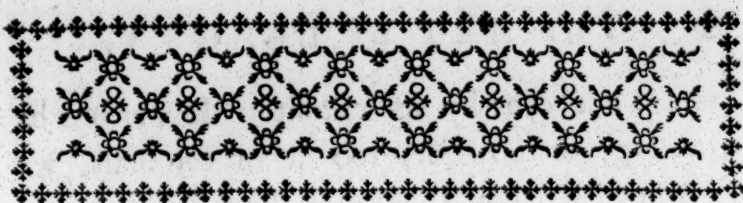
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IN fine, they will find that this little book was very much wanted in their library: and since Nature has been pleased to bestow on them the gift of beauty, they cannot expect from a physician a more agreeable present, than the art of preserving it.



In time, they will find this little book was very much wanted in their library: and since I have had the pleasure to hear of its being so, I am sure they will not regret that they have not a more extensive edition.



THE
ART OF BEAUTY, &c.



CHAP. I.

Of BEAUTY in general.



BEAUTY is that form of an entire body, which pleases every one of our senses. This entire body pleases our eyes by the extent, colour, number, disposition, and proportion of its parts. It pleases our sense of feeling by its texture; our nose, by its smell; and our hearing, by its sound.

To speak to each of these parts,

I. I SAY, that the form of an entire body,
that can be considered as beautiful, ought to

B please

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please our eyes by its extent. If persons be too big, or too little, too fat or too lean, we cannot like them; because there is not a certain resemblance or proportion between them and us, or between the generality of mankind. For this reason we charge Nature with extravagance, when we consider the size of a giant; and, when we see a dwarf, we blame her for being too sparing, or too forgetful. A beautiful body is conformable to the general rule that Nature alone has prescribed.

2. THE colour of the parts is one of the articles that Nature should observe in the composition of a handsome body: and, if a fair skin is a perfection, one that is brown, yellowish, and covered with freckles, is to be accounted ugly,

3. THE number of parts that compose an entire body is so determined, that it neither can increase nor diminish, without a remarkable deformity. Imagine a man with two noses and one eye; would not such a face appear very strange: for we see, that the want of the eye-brows, a wen on the forehead, a wart,

THE ART OF BEAUTY. 3

wart, a pimple, or any such excrescence, makes a very disagreeable impression.

4. BEAUTY consists in the disposition of the parts. Ill ranged teeth, or locks of hair slovenly placed upon the forehead, render the whole countenance so odd, that it cannot please, let the other parts be ever so handsome.

5. THERE ought to be an exact proportion between all the parts: for what seems more ridiculous, than a great head upon a small body, and a small nose upon a large face?

I SAY, in the second place, That the perfect texture of the parts is absolutely necessary towards the formation of beauty. A rough skin, covered over with hair and pimples, and deeply marked with the small-pox, is equally displeasing to the touch, and to the eye.

THIRDLY, our sense of smelling ought to be satisfied in the enjoyment of those things we account to be beautiful: for persons that have a strong breath, or, that emit bad smells from the other parts of their body, disgust all that approach them.

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A PLEASING harmonious voice is also a necessary accomplishment in a beautiful woman; since it is the best means she can make use of, in disposing of the hearts that are captivated by the lovely features of her body. I know a beautiful lady, who scarcely had one admirer; because she had a rude and uncouth voice, every man drew near to see her, but retired after he had heard her speak.



CH A P. II.

Of the STATURE.

ACCORDING to the best judges, the most beautiful height consists in about five foot and a half; so that a woman may be counted too high or too low, in proportion as she is taller or shorter than this measure. An excessive height depends, for the most part, on the parents, on the climate, on the education, on the food a child takes in its infancy, and on certain exercises. All these causes may concur together, to produce the
afore-

aforesaid effect. It is probable, that it might be prevented ; but when it is once produced, all the power of medicine cannot in the least destroy it.

A LOW stature depends not only on the aforesaid causes, but also on a vicious conformation of the inferior parts, and on certain disorders. What I have said of length, may be also understood of depth. When the eyes are too much sunk into the head, I believe there is no remedy in art capable of rendering them more prominent. Nevertheless you shall find, in the principles which I intend to establish, a certain connection between causes and effects : so that it will happen sometimes, that in destroying a general ailment, we also destroy a particular defect. Thus, after curing a general leanness, the cavities that were about the claviculæ disappear : and the empty spaces, which occasioned the collar-bones to appear too far advanced, are filled up with flesh.



C H A P. III.

Of BULK. And first of Fatness.

THE skin is not the only covering of the body: it is likewise wrapped up with a membrane of fat. This membrane is composed of an infinite number of cells, that communicate with each other. It adheres very close to the skin, it accompanies throughout all parts of the body, fills up all the intermediate muscles of the body, and passes thro' all the circumvolutions of the viscera. These cells are filled up with an oily matter, which can enter into the blood, and repair its loss in the time of long abstinence. It keeps the muscles constantly supple, and, of consequence, fit for the action for which Nature has designed them. It defends the body from the too great impression it would otherwise receive from the cold, which is always more felt by lean people than by fat. Its principal use, in regard to the subject I treat of, is to plump the skin,
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and fill the intermediate spaces of the muscles : for by that its surface becomes smooth, and agreeable to the eye. The best limb'd and best featured body becomes deformed, without an exact and necessary proportion of fat. Fatness may be in too great a quantity, and that kind of fatness may be general, or particular. In general, too much fatness spoils beauty ; for it effaces all those fine features which Nature draws with such art and delicacy. It thickens the neck, which, under its natural form, excites both love and affection ; but by the huge bulk it acquires by fatness, disgust. It destroys the graceful stature, which promises the most sweet, and the most delicate pleasure. It deprives the members of that activity and nimbleness, which seduces the senses by their lively and agreeable motions. The great sloth and carelessness, which appears in all the actions of those that are excessively fat, either tire or lull asleep the spectator. One is apt to believe, that persons in this case are robust, and in perfect health : on the contrary, they are stupid ; their apprehension is not so lively as it naturally ought to be : they breathe with difficulty, and are subject to frequent distempers : they have
also

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also a certain incapacity of breeding; so that women of that complexion are commonly barren. The soul is over-whelmed with the weight of a huge lump of matter; and all the functions of the understanding are in such a languishing condition, that it can shew no marks of its former brightness. If all these motives were not sufficient to engage people to make a strict inquiry into the causes and remedies of such an inconvenience, I think this one only motive, founded upon experience, should necessarily determine them, namely, that those, who are too fat do not live so long as others.

THE first cause of fatness proceeds from the too great quantity of nourishing particles, with which the blood abounds.

THE second cause is, the too great force of the stomach, and all the other organs that help digestion. It is wrong to attribute all to the quantity of food; for we see, that some people become very fat by living upon food that contains very little nourishment.

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THE remote causes are, every thing that contributes to save life; and which, by using it in a certain manner may dispose for general fatness; such, for example, is the air, when too cold and too moist; the food, that contains too much juice; drink, that furnishes too much nourishment; want of exercise; too much sleep; the suppression of some excretion, and a perfect calm of all the passions.

To remove the first cause, I would confine to very strict diet; that is, I would diminish, by degrees, the quantity of food accustomed to be taken every day; for all sudden changes are dangerous. Besides, I would carefully examine the quality of food, and make salt meat and spices be frequently eat; and order, also, such pulse as contains little nourishment, and contributes to keep the body open. I would, perhaps, order more meat to be eaten than bread. Naturalists have always observed, that such fowls as live upon prey, and eat flesh, are leaner than those that feed upon vegetables. I would also order either no supper, or a very light one; little sleep, and upon a hard bed; often walking, and in the warmest hour of the day;

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day; and a great deal of exercise, such as is most laborious.

IN the second place, in order to free the blood from too great a quantity of nourishing juices, all the excretions must be increased, which will be effected by purges, diuretics, and diaphoretics.

PURGES carry off, not only the thick humours that clog the stomach and lower belly, but also a great quantity of the humours that are proper for the increase and nourishment of the human body. By that acrimony and stimulating faculty they irritate the glands of the intestines, and force them, as it were, to filtre a new quantity of lymph and mucas, that may supply the defect of what they lost.

ONE may procure a great excretion of urine by giving light aperitives, such as maiden-hair, and by using the acids of vegetables, such as lemonade, verjuice, gooseberries, the juice of oranges and lemons, pomegranates, and the fruit of the barberry-tree. We reckon vinegar a great specific for causing leanness; and experience

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rience demonstrates evidently, that it never fails to produce that effect, let it be used in what manner soever.

I PROPOSE, in the third place, to increase perspiration; for experience shews, that those who use sufficient exercise, and sweat in proportion, never become too fat.



CHAP. IV.

Of LEANNESS.

L E A N N E S S is that state of the body, wherein the fat is quite vanished, not only from under the skin, but also from all the intermediate spaces of the muscles. This happens whenever the cells of the fatty membranes are deprived of the oil that should fill them. In this case, they sink and fall one upon another, and hardly leave any signs of their existence. The causes, that produce this disorder, are quite opposite to those that produce fatness.

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THE first cause is, the want of a sufficient quantity of nourishing particles in the blood. The second, in a particular weakness in the organs of digestion. The remote causes are, the non-naturals, which either fail to furnish a sufficient quantity of nourishment, or contribute to the wasting of what is already acquired.

As for those disorders, that produce a general leanness, such as ulcers of the lungs, obstructions of the viscera in the dropsy, an abscess of the liver, we should be speedy in the application of the most efficacious remedies: for in such circumstances, it is health and life, not beauty, that call for our assistance. I shall, in the first place, enquire into the cause, which hinders the blood from receiving a sufficient quantity of nourishing particles. Secondly, I will endeavour to shew, how it may retain the nourishment it has already acquired. It is necessary to know the reason why the blood does not receive a sufficient quantity of nourishment; because it would be acting like a blind man, and a mere chime-

chimerical fancy, to endeavour to remove a cause that does not exist.

THE want of balsamic particles in the blood may proceed either from the fault of digestion, or from the fault of diet. The fault of digestion is of great extent, and requires great penetration and attention, to follow it through all its progress. In the first place, bad digestion may proceed from the mouth, which happens when the food is not well chewed, or when the spittle is of a bad quality: This is the cause that makes all people lean. Secondly, digestion may be ill performed in the stomach, which defect may either proceed from the stomach's being incapable of action, or from the bad quality of its juices, or the badness of our food. This disorder of the stomach is commonly accompanied with a diarrhæa, which weakens the rest of the body, and wastes it insensibly. If the third digestion, which is made in the intestines, be bad (which may proceed from several causes) the chyle it forms is so thick, that it cannot pass into the blood, or, if it does pass, it carries along with it the seeds of infinite disorders. I shall not

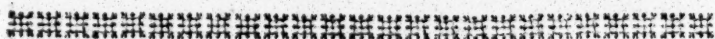
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mention a multitude of obstacles that oppose the chyle in its passage; for it would lead me to a great many difficult questions, which a disciple of *Æsculapius* should examine only in his closet, that, upon every occasion, he may have efficacious means to obviate them.

THE bad quality of the diet may produce the same effect. The air that we breathe, if it be too hot or too dry, bad food, an immoderate use of spirituous liquors, too violent exercise, watching too long, certain excretions either augmented or suppressed, are so many causes that diminish fatness, and which should excite the attention of a physician, when the business is to repair the loss of that oil which filled the cells of the adipose membrane. Have we satisfied all these intentions? In general we have: but the most difficult remains untouched. It consists in retaining in the blood the balsamic parts, which should produce in the body that kind of fatness that renders it agreeable. To this end we should begin to allay the heat and acrimony of the humours, moderate the circulation of the blood, and render the fibres more elastic and flexible. I would therefore

therefore advise the patient to take absorbent draughts, and use food that contains a great quantity of mucilage. Milk, eggs, jellies, the flesh of young animals, and rice-gruel, will satisfy a part of this intention. I would advise him, likewise, to sleep longer than usual; to take no more exercise than what is necessary for preserving strength, and endeavour to keep his mind easy and undisturbed. Frequent bathing will also be very efficacious.



CHAP. V.

Of the SKIN in general.

I AM now going to speak of a thing that is the more essential to our subject, as it is the first that makes an impression on the eye. A white skin, whose surface is spread over with a colour of roses, is reckoned to be the most perfect and agreeable, as to what regards its colour. However, there are several internal causes; as, for instance, a disorder of the sto-

mach, obstructions of the liver, a suppression of the monthly evacuations, and many other causes, which, by giving fatal strokes to the health at the same time, insult and injure beauty.

THE exterior causes are, the food which we commonly take. The air, also, has a singular power, either to nourish or wither the lillies and roses of a fair complexion. Hence it is, that such as inhabit a temperate climate are fair, and of a good colour: hence, also, we find the reason, why those, that expose themselves too much to the heat of the sun, are of a tawny colour. Too much watching and hard labour likewise, as well as too much sleep, spoil the colour of the skin. Sadness, fear, too much application to study, remorse of conscience, excess of carnal pleasures, produce the same effect.

THE deformities of the skin are in proportion to the intemperance of the air: therefore we ought carefully to shun the air that is too hot, or too cold; and, consequently, we should avoid the frozen northern winds, and the

the tempestuous gales of the south. The ancients, when they sold any slaves, covered their faces with a kind of mud, which is in the troughs of those who grind iron or steel instruments, to preserve them from the too sharp impressions of the air. However, if, in spite of these precautions, the skin becomes withered, the distilled water of roses, flower de luce, straw-berries, beans, melons, burnet, ass's milk, woman's milk, and other cooling and emollient remedies, may be used with success. I know some women, that are particularly careful of their beauty. They assure me, that nothing whitens the skin so much as to take the air in a calm night, and to walk by the water-side in the time of a fog. I shall speak of this case more at large, when I treat of FRECKLES.

SOME physicians assert, that pepper, cinnamon, saffron, and asparagus, contribute, in a particular manner, to beautify the skin; but the efficacy of these drugs consists either in stirring up the organs of digestion, when they are too slow in performing their functions, or in the property they have of dividing and attenuating the stagnating humours. Hence it is

evident, that they naturally fall into that class of cosmetics, whose action depends upon a determined property.

WE should never admit of specific qualities in drugs that contain no such thing, or, that seem to be nothing but occult properties, which are entirely contrary to sound reasoning. But, without entering any further into these enquiries, I say, it would be in vain to take all the necessary precautions I have mentioned, without keeping the soul in a calm situation, free from all passion and anxiety.

HE that has too eager a desire after learning, grows pale by study. The criminal, who expects in a dungeon the just punishment of his crimes, becomes of the colour of lead. The wicked wretch, whose conscience is tortured by remorse, looks wan and pale. He that suffers himself to be over whelmed by grief, or conquered by melancholy, has a brown and yellow complexion. He that abandons himself to the transports of love, changes colour as often as a dove's neck. In a word, there is nothing contributes so much to preserve the
beau-

beautiful colour, I have been speaking of, as calmness and tranquility of mind.

LASTLY, I advise the taking care that the humours may be separated in a sufficient quantity, by their proper filtes ; and that the excrements may pass in due proportion through the ways that Nature has appointed for them. I am persuaded, that clysters are very useful in this case ; and that they greatly contribute to give the skin a lustre. But, in my opinion, they should be administred with moderation, lest the use of them should degenerate into an habit, as it commonly happens, when they are taken to excess.

AFTER so many observations, supported by reason and experience, I should have nothing further to say, except concerning baths, which are so necessary for keeping the skin fair, for cleansing its impurities, and giving it that suppleness of which the air deprives it, by its continual contact.



C H A P. VI.

Of the Disorders of the SKIN.

THE first I shall treat of is the *Gutta Rosacea*. Sometimes it appears like drops of blood spread over the skin, and it often gives an unequal redness to the nose and cheeks; and which causes them to become so big and so monstrous, that they are frightful to behold. This disease seldom attacks persons that live soberly: it is common among those that make immoderate use of spirituous liquors. There have been some drunkards that have had this disorder to such a degree, that the blood has issued in abundance from their noses, as they sat at table, and hindered them some minutes from drinking; but after the hæmorrhage ceases, some retake their glass, drink about with new vigour, and never give over till their face is like a fire-brand. There is another distemper called Pimples, which cover the face and body all over: these are small
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eminences that appear upon the surface of the skin, and render it rough and uneven. They are almost always produced by a bilious and acrimonious sweat. If they do not go off of their own accord, the patient must have recourse to a diluting and mucilaginous diet, in order to blunt the points of the sharp and acrimonious particles, that obstruct and irritate the capillaries; and with the intention of diluting the bile, that cannot pass through its usual passages, on account of an extraordinary cohesion or consistence it acquires by some unusual accident. It is good to make frequent use of cold icy drink; keep the body at rest, and to remain in a cold place; to drink water in which nitre is dissolved; whey; some glasses of barley-water; lemonade; and chicken-broth; with the four cold seeds, in order to temper the acrimony of the blood. The patient may also wash with a decoction of lintseed, and that of marsh-mallows; and rose-water, wherein must be dissolved a small quantity of the sugar of lead. The patient may also employ with success, waters, pomatums, and sweetening soap, which are to be applied to the part of the skin that is attacked by this disorder.

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SAPPHIRES are red and hard eminences, white at their point. They are commonly as big as a grain of hempseed, and usually break out in the face and neck. Young persons of both sexes, when they come to years of maturity, are more subject to this disorder than others. These pimples are very red, and difficult to be cured: and, though they vanish at last, the red colour will remain for a long time. These remedies, into whose composition camphire enters, the essence of benjamin or the sugar of lead, are very efficacious in this slight disorder.

THERE are several other kinds of spots, that affect the skin. The first are those which children bring into the world along with them. These spots are more or less large, and more or less brown: they are called Moles. The second kind is very common: they are occasioned by being exposed to the sun, when the skin is fine and complexion delicate. This kind is commonly called Freckles. The third kind happens to women that are with child, who have the skin cover'd with large tawny spots or patches, chiefly on the forehead. The
fourth

fourth kind is contracted by age; and we often see both sides of the face garnished with these spots, and sometimes the forehead, the cheeks, and the chin, share the same fate. There are some spots which are worth preserving; those, for example, that give a certain grace to the face, set off the whiteness of the skin, and give the eye a fine amorous look. In this case one would rather consult the looking-glass than the doctor; but one should not spare those that are ill placed, especially when their number is apt to hide the features that are most capable of charming or attracting the spectator's eye. Such freckles as these can hardly be taken away without caustics; but we should never use any in such cases, but the middle sort. It is also necessary to take the utmost precaution in their administration; for otherwise they may leave a scar behind them, which will occasion a greater deformity than the freckles themselves. The best remedies in these cases are the distilled water of the great scrophularia, which is a mild caustic; or the oil of tartar per deliquium, which is stronger, and may be rendered more mild by mixing it with rose-water, or plantain-water. One may use
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also, but with less success, the water that is drawn from the flowers of beans and elder, which flowers may likewise be boiled in milk, together with the crum of white bread. Those remedies may be useful in all cases.

AS to what regards the remedies, that are to be prescribed against the effects of sun-burns, or freckles, you may use the oil of ben, eggs, oil of sweet almonds, and of the four cold seeds. One may also use ass's milk, breast milk, almond emulsions, pomatum, into whose composition the butter of cacao enters. Some women use no other remedy than the yolk of an egg beaten in oil of flower-de-luce. Others apply a yellow cloth, which they prepare with the yolks of eggs and sperma-coeti.

THE fourth kind is like boiled leather, and is contracted by age. The skin is sometimes too thick, which must be taken away. In order to succeed therein, emollients and anodynes are to be applied: afterwards the mild caustics, of which I have spoken. If any one desire stronger caustics, let the face be washed with the distilled water of the gut of an ox, mixed
with

with a small quantity of salt. By continuing this application for some time, the skin will become thinner and finer.



C H A P. VII.

Of the FACE.

THERE is nothing so charming as a lively and wholesome complexion, which in a great measure answers the end of beautiful features, where they are wanted: and as the very severest people allow, that beauty is a great recommendation, if not absolutely necessary, to the fair sex; women are therefore not only justifiable in being solicitous about this matter, but in taking every method to remedy, by art, the defects of Nature. However, as there are many things made use of upon this occasion, which are extremely destructive to the constitution, the author of this little volume has been industrious to procure *receipts* equally efficacious with the most pernicious; but whose qualities are not only innocent but highly salu-
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brious, and may be procured with great ease and cheapness.

*To restore and preserve a lively and wholesome
Complexion.*

THE flowers of water-lillies, mint, vine-leaves, tendrels, blue violets, myrtle-berries, red roses, white and yellow faunders, citron peel, dried quinces, sliced thin pruneeas, of each two drams; camphire and saffron, of each two scruples; make them into little balls (after you have stamp'd them small and fine) with vinegar, wherein the best bolus has been dissolved, and it will not only yield a pleasant perfume; but one of these balls, of the bigness of an hazle nut, dissolved in a quarter of a pint of fumitory, or benjamin water, restores a faded complexion, rendering it lively, charming, and of a long continuance.

A curious beautifying water, &c.

TAKE roach allum three ounces, white sugar a pound, bean blossoms, white poppy seeds, great houseleek, water lillies, and
violets

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violets, of each a pugil; the juice of four indifferent sized lemons, and the grated crumbs of two white penny loaves, goat's milk, and white wine, of each a quart; bruise grossly what is to be bruised, and mix them together; put them into a glass alembic, and distil them in balneo maria, it will prove an excellent beautifying water, to preserve the hands, face, and other parts of the body, causing them to remain of a clear and beautiful complexion.

An admirable Secret.

AFTER washing the face with soap and water, let it be washed over again with the following lees.

TAKE the lees that is made of the ashes of vine branches, and let it be well clarified. To every pound add an ounce of calcined water, two drams of sandarach, and the like quantity of juniper gum. Let this water dry upon your face without rubbing it, and afterwards wash it with the following

Imperial Water.

TAKE five pound of good brandy, dissolve therein frankincense, mastich, benjamin, gum arabic, of each an ounce: add half an ounce of cloves, an ounce of nutmegs, an ounce and an half of kernels of pine-apples, and of sweet almonds, and three grains of musk. Pound them all together in a mortar, distil them afterwards in a sand-heat, and keep the liquor for use.

A Secret to take away Wrinkles.

PUT a certain quantity of the powder of myrrh upon a fire-shovel; when it is red hot expose your face to the smoke, which you may gather by covering your head with a napkin. Repeat this operation three times. Put the shovel again into the fire, and when it is quite hot, fill your mouth with white wine, and sprinkle the shovel therewith, and then receive the smoke as before. Do this three times, morning and evening, as long as you please

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please. The proprietor of the secret assures us it will work miracles.

Distilled Water for giving a beautiful Carnation.

TAKE two quarts of vinegar, three ounces of common honey. Distil with a flow fire: add to the distilled liquor a small quantity of red sanders, in order to give it a little colour. Before using it, the face should be washed with a little soap and water: but after using the distill'd water, the face is not to be washed, that it may grow fair and red, and look healthy.

THIS secret was communicated by a Lady, that never failed to make use of it, whether she passed the night at gaming, or whether she was fatigued after a ball, or after suppers that are not ended till the approach of aurora.

Water to give a Lustre to the Face.

TAKE two ounces of borax, an ounce of roch allum, two drams of camphire; plumsious allum and burnt allum, of each an

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ounce

ounce. Reduce all to powder, and boil it in a great quantity of spring water. Dilute the white of two eggs in a small quantity of verjuice, put it into the water, when it is taken from the fire, expose it to the sun for twenty days. This produces wonderful effects, and makes the most decay'd face look young.

SOME Ladies wash their faces with water, wherein allum has been dissolved. It is true, such water makes the skin shine: but it will certainly at length cause wrinkles; for allum is a very powerful astringent.

An emollient Pomatum for the Skin.

TAKE any quantity you please of the lard of a boar pig, cut it into slices, wash it, and let it macerate for nine days in clean water, changing the water every day: afterwards melt it in a frying-pan, put the melted grease into fresh water, wash it several times with common water, and at last with rose, plantain, or morel water. Rub your skin therewith, and it will become as smooth as sattin.

Oil

Oil for cleansing the Face.

PUT into a quart of sweet cream any quantity you please of the flowers of white water lilley, of flower de luce, of beans, and of roses. Boil them all in a bath heat, skim off the oil that rises to the top, preserve it in a bottle, and expose it to the air for some time.

A remarkable Secret.

MAKE a hole in a lemon, fill it with sugar-candy, cover it with leaf-gold, and over the said gold lay the part of the peel you have cut off; afterwards roast a lemon under warm ashes. When you have a mind to make use of it, squeeze a little juice out of the hole you have already made, receive the juice on a clean cloath, and rub your face therewith.

PAINTS for the FACE.

A fine White Paint.

TAKE of the white part of hartshorn a pound, of the flower of rice two pounds,
of

of lead half a pound, of scuttle fish bone two ounces, frankincense, mastich, gum arabic, of each an ounce: dilute the whole in a sufficient quantity of rose-water, and wash the face therewith.

Red Paint.

The root of alkanet gives a handsome red colour to the pomatums that are used for the face. A scarlet ribbon dipped in common water, or in brandy, and rubbed on the cheeks, gives them a fine beautiful redness, that one would take to be natural. Others, by rubbing their cheeks with scarlet wool, gives them a handsome red: some use red lead for the same purpose.

CINNABAR is composed of brimstone and mercury. When it is reduced to a subtle powder, in a marble mortar, it acquires so lively and so high a colour, that it is called vermilion. Some Ladies mix it with paint, wherewith they rub their cheeks which is very dangerous; for by using it frequently

frequently they may lose their teeth, acquire a stinking breath, and excite a copious salivation.

A Secret for making an excellent Carmine.

TAKE a pound of the best rasped Brasil wood, and steep it for three or four days in a sufficient quantity of white wine, until it becomes vinegar; after that boil it for half an hour, strain it through a strong piece of linen cloth, and put it again over the fire. You must likewise dissolve eight ounces of allum in a sufficient quantity of white wine vinegar; mix both liquors together, by stirring them in a mortar, and there will arise a froth, which is the carmine. Skim it off, dry it, and keep it for use. Cochineal or red sanders may be used instead of Brasil wood.

Another kind of Red Paint.

TAKE Brasil wood and roch allum, beat them together in a mortar, boil the mass in a sufficient quantity of red wine, until
one

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one third is consumed. Let the liquor grow cold, dip therein a bit of cotton, and rub it on your cheeks.

A kind of Paint that resembles natural Red.

TAKE Benjamin, Brasil wood, roch allum, of each half an ounce: macerate the whole in a pint of strong brandy for the space of twelve days: shake the bottle every day; let it be well cork'd, and keep it for use. A slight touch of this liquor gives such a beautiful red to the cheeks, that it can hardly be distinguished from the natural. And what renders this secret the most valuable is, that its use is attended with no ill consequence. Such women as dare not paint, for fear it should be perceived, may use this composition, without any danger of being suspected.

An Oil for painting the Cheeks red.

TAKE ten pounds of sweet almonds, an ounce of red sanders in powder, and an ounce of cloves; beat them we'll together

ther in a mortar ; pour four ounces of white wine thereon, and three ounces of rose water ; shake the vessel every day for eight days successively : press out the oil in the same manner used in making oil of sweet almonds.



C H A P. VIII.

*Of the FACE, regarding the Features. And
first of the EYES.*

THE eyes have a very eminent and distinguished effect upon every other feature of the face ; and are of such infinite consequence in the article of Beauty in general, that some people have not scrupled to assert, that a woman, blessed with a pair of fine eyes, may be handsome whenever she pleases ; which is as much as to say, that every other appurtenance to beauty is in her own power by art to acquire ; but that the eyes Nature has taken immediately

mediately under her own direction, and to her they must stand indebted for whatever share of brightness they are endued with. But there are a thousand casualties incident to those tender orbs, extremely destructive of the charms of a fine face; and these it is my intent, in the subsequent pages, to guard against.

A Remedy for the Blearing of Eyes, and Redness or Defluxion of Rheums.

TAKE rice and red sage, of each a little handful, fine wheaten flour a spoonful, and the white of a new-laid egg, beaten together; add to these a dram of rosemary finely powdered; and, being well mixed, spread the composition on a piece of silk, and, going to bed, lay it over your eyes; and in a few times so doing, it will take away the inflammation that causes such defects in the eyes. You may, when you take it off, wash your eyes with new whey, or milk.

For

For Eye-lids, swelled or blistered.

TAKE of saffron half a dram, the juice of
floe a scruple; put these into two ounces
of rose water, and beat them up with the
white of a new-laid egg, till very thin;
strain out the liquid, and anoint the eye-
lids, or put a few drops into the eye. Do
it often, and the cure will be effected.

*To strengthen the Sight, and take away the Dim-
ness or Dulness of the Eyes, rendering them
bright and sparkling.*

TAKE juice of cellendine an ounce, distilled
water of eye-bright two ounces, a dram
of Irish slate finely powdered, burnt allum
in powder half a dram. Put these into a
vial, shake them well together, and wash
the eyes with it morning and evening.

An excellent Water for Eyes in general.

TAKE rose-water and water of plantain, of
each an ounce; make them into a colly-
rium, or eye-water. Drop this into the
E eye,

eye, being very well mixed by shaking the vial; and in using it often, it will remove the defects and pains incident to the eyes: and, indeed, too much care cannot be taken of so precious a part as the eye, without which life itself would become even indifferent, if not burdensome. And, as the eyes are the windows to enlighten it, so are they the lamps of beauty to direct approaching lovers how to make a true judgment of it: for if they be out of frame, or have lost their lustre, all the comely features of the face are left in the dark, the whole beauty is marred by that single imperfection, and no attracting or winning charms strong enough to captivate the heart.

To prevent involuntary Tears, or any unseemly Watering of the Eyes.

TAKE of aloes epatic two drams, beat them into powder, and put it into rose-water and white-wine, of each four ounces. Wash the eyes with this morning and evening,

evening, and foment them with the water of flechados.

To strengthen tender Eyes, and make the Sight quick and lasting.

TAKE of plantain water, eyebright water, and water of pimpernel, each an ounce, oil of red roses two drams; beat them well together with a feather, and with this liquid anoint the eyes morning and evening, and wash them with whey, or or any cooling liquor.

For the Tumor in the Eye, which disfigures the Face.

[THIS is otherwise called *Pblyctena*, or a little tumor in the carneous tunicle of the eye.]

To remove it

TAKE decoction of mucilage, and dress the eye with it for some time, to ripen the tumor; then with a steady hand open it with the point of a small needle, and gently press out the offensive matter; then cleanse and heal the part with a little vir-

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gin

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gin honey dissolved in sage water. But when the tumor is beginning, if you have not the decoction of mucilage, you may dress the eye with a mixture of equal parts of waters of cammomile, melilot, and betony.

How to order and set off the Eye-brows in the most charming manner.

NEAT brows and sparkling eyes are Cupid's groves of pleasure, where he shelters himself from the scorching heat of the two flaming opticks; and where they are neat and comely, they add a very great ornament to the beauty of the face.

To reduce Hair, growing too thick, or irregular.

TAKE gum of ivy, burnt leaches, colophonia, and emmet's eggs, of each half an ounce, grind and mingle them with the blood of a young cock, and dip a pencil into the composition, with which you may draw the brows into a proportion suitable; and where the pencil touches, the hair will come off, and no where else.

To

To prevent the shedding of the Hair of the Eye-brows.

WHERE this happens, it is a very uncomely sight in any, especially a fair face: therefore, to prevent or retrieve this misfortune

TAKE lead-filings, as small as dust, half an ounce, lintseed oil an ounce and a half, maiden-hair one dram, black henbane-feed two drams, and unguentum irrinium an ounce: bruise and powder the seeds, and make all into an ointment with a gentle heat. Dip little slips of black silk or velvet in it, and lay it on the eye-brows; and, when you take it off to renew it, wash the place with white wine, wherein myrtle berries have been seethed.

To make reddish or whitish Eye-brows as black as Jett.

CALCINED ivory, cherry-stones, and red philberts, will yield a curious black, if you don't burn them too much: grind these with a muller, or a smooth stone, with

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the oil of amber, so much as will make it to the thinness of a colour used by painters: then wash your eye-brows with black-cherry water; and having let it dry, dip a curious new pencil small and taper into your colour, go over the eye-brows lightly at first; let that dry a little, and then go over them again; and so a third time, drying between.

To make an unseemly low Forehead comely and beautiful.

FOREHEADS are the ivory thrones whereon beauty sits in state: they must therefore be smooth, and raised to a decent height: for if Nature has placed the forehead too low, it appears much beneath the grandeur of her commanding majesty that owns it; and, furrow'd with wrinkles, it will put her too much in mind of mortality, to let her take a pleasing recreation in it: and, therefore, if you are desirous of a high and graceful forehead, Art in this case can help the work of Nature.

FIRST, You must take off the superfluous hairs that too much encroach upon its bounds;

bounds; and, to do this clean and neatly, and with little pains, dissolve half an-ounce of mastick in three or four spoonfuls of piony water, till it becomes very soft like jelly. Spread it in on a fine piece of leather, and having clipped the hair (but not too close) lay it on the place so far as you design: bind it down very tight with a fillet, and so let it continue a whole night; then in the morning take it off with a quick hand, or rather suffer another to do it, and it will bring off the hair by the roots.

WHEN this is done, to prevent any future growth of hair, put two ounces of henbane-seed in a colewort leaf, and that into a piece of wet brown paper; then, rolling it up, put it into hot embers, but not so as to scorch it: but when it sweats much, and becomes very moist, beat the leaf and seeds in a mortar, with a little walnut-oil, an ounce is sufficient; then strain out, by hard pressing through a fine cloth, as much liquid as possibly you can, and with it anoint the forehead, having first put two grains of orpiment in powder
to

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to it; and then covering it with a linen cloth, bind it on with a fillet. Do this often, and then smooth it with pomatum, and the marrow of the bones of swine or bear's feet, washing it often with fumitory or bear-flower water, to render it fair and comely, answerable to the other parts of the face.

Remedies for the Defects in the Nose.

THE nose is a very great ornament of the face: and Beauty is a very nice and cleanly dame, who loves to have the nose kept neat and handsome, as well as the other parts designed for more honourable uses. If there be then any obstruction, foreness, or any thing that appears unseemly, or occasions offence to the smelling of the nose, as being afflicted with some sore or ulceration.

CALAMUS, aromaticus, galengale, damask-roses, and lavender dried and powdered, of each two drams; mix them well, and snuff a little up the nose at a time. Or,

LONDON

LONDON treacle two drams; dissolve it in two ounces of hog's lard, and snuff a little of it into your nostrils very warm; and do this often. Or,

LIGNUM, allces, cloves, and dried roses, of each two drams, spikenard a scruple, musk a grain; pulverize what is to be powder'd very fine; make the powder up into little lozenges with sugar and white-wine; and when you have occasion to use this, take one and dissolve it in an ounce of rose water, and snuff a little often up your nose, or often sponge or wash your nostrils with a little fine rag at the end of a stick, dipt in white wine, wherein rose-leaves have been concocted, and it will not only cure the distemper, but render your breath and smelling pleasant.

THE nose is often charged with excrements of the brain; and, therefore, to clear it, if the rheumatic distillation be occasioned by cold, you must anoint the forehead or temples with some heating ointment, or hot oil; or, if the rheum be occasioned by heat, then cold ointments,

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ments, &c. and use fuffumitons of myrrh, frankincense, or the like; and by these means the handle of your face will be restored to its former beauty and pleasantry, unless you have been in any dark counter-scuffles; for which, in this book, we don't pretend to give any directions, but refer you to others.

To kill and take away Worms in the Nose, or any part of the Face, that spot or blacken it with their Heads peeping even in the Skin, &c.

THESE worms in some are very numerous, insomuch that their faces appear as if they were spotted over with sparkles of gun-powder; besides, they cause itching or pricking pain, as being generated of a salt lodging in the porous parts of the skin. To destroy them then, and to render the face clear and beautiful,

TAKE the juice of lemons two ounces, unslack'd lime two drams, and powder of sulphur one dram: let them infuse over a gentle fire, till well incorporated: then dip a feather or fine rag into it, and supple the face, lips, or nose, where the worms lurk, and in often so doing it will kill them:

them: then supple the skin with warm water and oil of sweet almonds, and the pores being so opened, you may easily squeeze them out with your thumb and finger: then wash the place with juice of lemons alone, and not any more will appear there, at least for a very considerable time.



C H A P. IX.

And first of the LIPS.

TAKE the oil of violets, the juice of marsh-mallows, of each an ounce and an half, goose-grease and the marrow of a calf, of each two drams; of gum tragacanth a dram and a half: mix all together over the fire.

If the chaps are deep, you may add a dram of litharge; or you may use the cooling cerate of Galen, which is prepared after the following manner:

TAKE

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TAKE eight ounces of the oil of roses, an ounce of white wax :— Melt them in a glass vessel, and stir them with a wooden spatula. Let this mixture cool, and wash it well with clear water.

Red Pomatum for the Lips.

TAKE an ounce of white wax and of ox's marrow, three ounces of white pomatum, and melt all in a bath heat; add a dram of alkanet, and stir the mass till it acquires a red colour.

OTHERS chuse to use the ointment of roses which is thus prepared :

TAKE hog's lard washed in rose water, red roses and pale roses; beat all in a mortar, mix them together, and let them macerate in the fat for two days, and afterwards let the mass boil in a bath heat; strain it with expression and keep it for use.

SOME are accustomed to wash their lips with pure brandy, in order to make them look red.

For

For Chapped Lips.

TAKE tutty and the oil of eggs well-mixed together, and rub the lips therewith, after washing them with barley or plantain water.

SOME people affirm, there is nothing so good, in such cases, as the grease that comes out of the wooden ladles, that are used in kitchens, when they are put before the fire.

A crust of burnt-bread, especially that of brown bread, if applied hot, is excellent for drying up the little pimples or bladders that come upon the lips, after drinking out of cups that were used by unclean persons, or such as had a stinking breath.



CHAP. IX.

OF THE HAIR.

To make Hair grow very ornamental on Heads that are bald, and restore it, when fallen off by Sickness, or any other Defect, that it may be thick and comely, &c.

IF time, or some unkind disaster, has trod too hard on the globe of beauty, and kill-

F

ed

ed those waving plants that were used to flourish there; you may again, by the following helps, be attired with their native charms, repair all former ruins, and render it more fair and lovely, than dame Nature before had planted it. To do this,

TAKE of fearn roots a good handful, burn them well to fine ashes, put the ashes to six ounces of linseed oil, make it into the thickness of a plaster with wheat-bran and bruised almonds, each an ounce; maffick in powder an ounce; fine virgin bee's wax an ounce: do it over a gentle fire by moderate stirring, and, when cool, put it into fair water to make it into a roll of salve; spread this on a soft piece of leather, as a fcar cloth, and apply it to the place where the hair is wanting, renew it in three or four days, washing the place upon every renewal with rose-water and butter of orange flowers, and you will soon perceive a new flourishing spring to arise out of what might before have been termed a perpetual winter of barrenness; the hair growing up full and decent, in order to re-adorn the heath with a graceful comeliness.

To

To take away superfluous hair and prevent its growing again, &c.

To do this take Auripigmentum an ounce and a half; quick lime four ounces slacked; Florentine Iris roots, one ounce; nitre, half an ounce: put these well beaten into a quart of lye made of the ashes of bean stalks; and being well mixed, boil them over a gentle fire in a glazed earthen pot, or pipkin, till putting in a feather and stirring it about while you find all the snag, or sprouting feathers come off the stalk, leaving it bare: then add half an ounce of the oil of myrrh, and that being well incorporated, anoint the place where you would have the hair taken off, and after it has dried on awhile rub it over with oil of roses, chamomile or millelot, to cool the place and prevent any excoriation, and in a short time by thus doing, the hair will easily be taken away by the roots, and no more naturally grow in the place of it, and this may be done in any part that requires it, and it will leave the skin smooth and very clear; and in that no

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bug, flea, gnat, or any other insect, will fasten to hurt you.

To cure a Scald Head, and cause Hair to grow upon it very comely in Curls or Ringlets.

Old olive oil, two ounces; put it into half a pint of spring water, stir and beat them well together; then add half an ounce of flower of brimstone, and three ounces of May-butter, or, for want of it, sweet butter, make these into an ointment over a gentle fire: anoint the head with it as hot as it well may be endured, and put on a strait cap, then seven or eight hours after take it off, and anoint it with oil of roses and mallows well mixed over a gentle fire; and, by often thus doing, you have an approved remedy.

CHAP..



CHAP. XI.

OF THE TEETH.

*The Manner of preparing Marshmallow-roots
for the Teeth.*

THE Roots of Marshmallows are to be gathered in autumn. They are to be chosen strait and smooth; and dried in the sun, or in some place where they will receive a gentle heat: remove them from thence when all the humidity is exhaled, and rasp off the outward skin, that they may become more smooth, and that they may be easier penetrated by the following composition.

TAKE of the best oil of olives four pounds, and of alkanet half a pound: put both ingredients into a copper vessel that is tin'd, set it over a charcoal fire, and, to prevent the oil from burning-to add a glass of water. Boil the whole for half a quarter of an hour, then remove the pot from the fire, and let it cool, and take out the alkanet, which,

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by that time will have given a colour to the oil. Add also rasped saffraſas, cloves, cinnamon, florentine, ovus, cyperus, coriander, calamus aromaticus, and yellow ſanders, of each an ounce. All being bruised in a marble mortar, you muſt ſet the veſſel over a ſmall fire covered with aſhes for two or three hours. Then you are to put in the roots of marſhmallows, ſtir them often, and ſet the veſſel every day for the ſpace of two or three hours over a ſlow fire covered with aſhes. At the end of eight or ten days take the roots out of the oil, and put other roots in their place, till all the liquor is uſed: and, when you take them from the oil, rub them well with a napkin.

To render them more red and more perfect, you may take four ounces of dragon's blood in tears, and two ounces of choice gum lac, reduce all to powder; then mix it with ſixteen ounces of ſpirit of wine rectified, or the queen of Hungary's water, in a matraſs that muſt be larger by one half than is required to contain the whole: which you muſt ſtop exactly, and place it in a ſand heat

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heat for four and twenty hours. Stir the contents from time to time, then remove it from the fire, and rub the mixture on the roots with your fingers. By this preparation they will acquire the colour of a handsome red varnish.

An Opiate for cleansing Teeth.

TAKE red coral and dragon's blood in tears of each an ounce : of seed pearl half an ounce, of crab's eyes, armenian bole, sealed earth, and blood-stone, of each three drams. The whole being reduced to fine powder is to be incorporated with a sufficient quantity of honey of roses to make the opiate of a soft consistence. This mixture is to be put into a vessel twice as large as is necessary to contain the whole, on account of the fermentation of the ingredients, during which the mass is to be stirred once or twice a day with a wooden spatula. You may add, if you think proper, four or five drops of the essence of cinnamon, and as much as that of cloves, which will increase both the smell and virtue of the whole composition.

Another.

Another.

TAKE red coral prepared, the inward part of the cuttle fish-bone, cream of tartar, florentine, orris, and pumice stone, of each one ounce; of sal amoniack a dram. Reduce the whole to fine powder, and incorporate it with the syrup of kermes and vermilion. For every ounce of syrup put two drops of the essence of cinnamon and cloves: those that love perfumes may add a few grains of amber or musk.

THIS opiate is to be applied to the gums at night going to bed.

SOME use with good success the juice of lemons, or the oil of tartar per deliquium for cleaning and whitening the teeth.

An Opiate for Whitening the Teeth.

Take gum lac, coral, dragon's blood, japan earth, of each an ounce; cinnamon, cloves, the root of pellitory of Spain, of each six drams; red sanders, cuttle fish bone,
egg

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egg shells calcined, of each four drams ; of common salt dried, a dram. The whole is to be reduced to a fine powder and mixed in a marble mortar with a sufficient quantity of the honey of roses.

Another.

TAKE hartshorn prepared, ivory prepared, sheep shanks, rose wood, crust of bread, of each an ounce, all which must be burnt separately, and reduced to cinders : also sealed earth, the rind of pomegranate, and tartar of Montpelier, of each half an ounce ; of cinnamon two drams. The whole being reduced to fine powder and sifted, they must be incorporated with a sufficient quantity of the honey of roses.

A Powder for the Teeth.

TAKE the powder of florentine orris, cream of tartar, and burnt allum, of each an ounce, cloves, nutmegs, dragon's blood, red coral prepared, of each half a dram ; mix all together, and reduce them to fine powder.

A Liquor for cleansing the Teeth.

TAKE of the juice of lemons two ounces, burnt allum and common salt, of each six grains; put all into an earthen pan that is varnished, and let it boil for a moment; afterwards remove it from the fire, and strain it through a linnen cloth. Get a bit of a stick, and wrap a small piece of linen about one end of it, which you are to dip in the said liquor, and rub it gently on your teeth: take care the linen does not suck up too much of the liquor lest it should act with too much violence upon the gums and the other adjacent parts. It is to be used only once in the space of two or three months; if you would use it oftener add one quarter of common water.



C H A P. XII.

OF THE GUMS AND BREATH.

Water for the Gums.

TAKE of the best cinnamon one ounce; of cloves, two drams; of lemon peel, and of red roses, half an ounce; of water, half a pint; of scurvy-grass, four ounces; of spirit of wine rectified, six ounces: beat in a mortar such ingredients as require it; digest the whole for four and twenty hours in a glass matrafs, and afterwards distil it in a sand heat.

An Infusion for the same Use.

TAKE of cinnamon in powder two drams; of cloves half a dram; of roach allum four drams, pour to them a pint and a half of boiling water; when this water is cold, add six ounces of plantain water; of the water of flowers of oranges four drams; of the essence of lemons two drams; of spirit of wine

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wine six ounces : digest the whole for four and twenty hours, filter the liquor and keep it for use.

A Lotion for strengthening the Gums, and for correcting a stinking Breath.

Take Spanish wine and the distilled water of briar leaves of each a pint ; of cinnamon half an ounce ; cloves, and the peel of Seville oranges, of each two drams ; gum lac, and burnt allum of each a dram : reduce all to fine powder ; add two ounces of virgin honey, and put all into a glass bottle, which you must place over hot ashes to digest for four days, the fifth day you must pass the liquor with strong expression, thro' a thick piece of linen, and then preserve the liquor in a bottle well-corked.

WHEN you want to strengthen your gums, take a spoonful of this liquor, pour it into a glass, and use one half of it to rinse your mouth. Keep it for some moments before you spit it out, and afterwards take the other half, and keep in your mouth a longer or shorter

shorter time, according as your gums want to be strengthened. You must rub them at the same time with your finger, and afterwards wash your mouth with warm water. You may repeat the same operation morning and evening whilst it is necessary.

To render this liquor more efficacious add to the whole half a pint of cinnamon water distilled with white wine.

THE Turks, in order to render their breath sweet, and to whiten the teeth and strengthen the gums, chew boiled turpentine, which they call Sakkis, and which the Persians call Konderuum. Those that live beyond the Indies chew it all day long and are so accustomed to it, that they can hardly be without it for any considerable time. The spirit of guaiacum eases the pain of the teeth, and keeps them firm in their places. Some drops of it are to be put into common water, and the mouth is to be washed therewith.

To cause a tainted Breath to become sweet, &c..

SWEET favours are extremely requisite in a breathing flavour for the benefit of the party, and those she converses with, and particularly in the grand concern of love.

TAKE of cinnamon, nutmegs, and cloves, each an ounce ; sweet sanders half an ounce ; wood of aloes an ounce and a half ; musk half a dram : dry them gently, so that they may be reduced to fine powder, which you must sift through a lawn sieve ; then make it into little pills with rose water, fine sugar, and gum fragrant ; hold one of these in your mouth, and be assured no offensiveness can issue thence.

To take away the Cause of an offensive Breath, the following Receipt is highly approved.

Cloves two drams ; cinnamon half an ounce ; nutmegs, mace, and citron pil, of each one dram ; florentin iris, and the lesser galingal, of each half a dram ; wood of aloes and yel-Sanders, of each a scruple ; musk and amber
grease

grease, each half a scruple, dry those that are hard and beat them to powder in a stone covered mortar, that as little of the scent as possible may fly out, putting in the musk and ambergrease when you have sifted the others into a fine powder, and infuse this powder in a quart of the best malmsey, or rich mallagas, ten or twelve days, then strain out the liquid part through a fine cloth, and put it in several thick glass vials so that opening one as you see it, the rest may remain close till that is spent: for the often opening evaporates much of the essential part.

TAKE of this two spoonfuls every morning fasting, and fast an hour after it; walking about in the sweetest air you can chuse, and it in a short time will produce the desired effect. It will also cherish the lungs, heart, and stomach, causing a lively blush in those cheeks, where before the roses were faded.



CHAP. XIII.

OF THE NECK, BREASTS, &c.

*An excellent Oil or Ointment to beautify the Neck
and Breast, &c.*

OIL of spicknard half an ounce; camphire a dram; oil of myrrh half an ounce; the marrow of hogs, or calves feet two ounces; the water of tartar an ounce; oil of sweet almonds two ounces; than strain it through a thick canvass, and put it up in boxes for use; this takes away likewise any spots of deformity.

*Neck, Shoulders, and Breasts, to make as white
as Alabaſter, though before of a dusky tann'd,
or ſwarthy Colour.*

TAKE water of talque, fumitory water, and dew gathered in May, or the beginning of June, of each a quarter of a pint; oil, or spirit of lavender two ounces; chymical
oil

oil of mace a dram; benjamin water four ounces; wash your neck, shoulders, and breasts, first with camomile water and white wine, of each an equal quantity, as warm as may be, and then dipping a fine rag or handkerchief in the other, well mixed together, wash your neck, &c. and in doing this a very few times you will see a wonderful change in the complexion, and the like may be wrought by it in any other part.

To remedy a swelled Neck, or where it is unsightly by Reason of Kernels, or Knops, and render it smoothly polished.

To prepare for this, purge moderately, and suffer the cephalic vein in the arm to be opened a little, then apply mollifying and discussive fomentations, with sponges dipped in strong vinegar, and after two or three times so doing as warm as may be, lay on the following plaister.

Gum armonic a dram in powder; bedellium and opoponax each two scruples; euphorbium, three grains; oxicrocium half an ounce; oil of amber one dram; make these
to

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to incorporate over a gentle fire, with two drams of spirit of lavender, spread them and apply the plaister, suffering it to remain five or six days before you renew it, and in twice or thrice renewing it will effect your desire; then to clean and supple the skin, that it may grow smooth and even, free from dimpling, or wrinkles, use oil of sweet almonds and pomatum, chafing it very hard with a warm hand, five or six times in so many mornings successively.

Breasts hanging down large, lank, or unsightly, to reduce them to a round firm plumpness.

BIND them up close with caps or bags that that will just fit them; and let them continue so for about a week; then

TAKE of carrot seeds, the seeds of anise, fenil, and plantane, of each two ounces; virgin honey, an ounce and a half; the juice of plantane and vinegar each two ounces; bruise the seeds grossly, and put them into the liquid; stirring them well together; then take off the caps and anoint the breasts with
the

the oil of favin ; after that spread the composition, and lay it on so that it may cover the breasts putting the same, or somewhat longer caps over them again, and bind them up as streight as may be with your ease ; after three days and three nights continuance take all off, and wash your breasts with warm white wine and rose water, continuing so to do morning and evening for twelve days, and by this means you will find them reduced to a small plumpness like two ivory globes, or little worlds of beauty, wherein love may found his empire, and commanding an awful homage from his vassals, captivate the wondering gazer's eyes, and dart warm desires into his soul, to make him melt and languish before the soft temptation.

ANOTHER WAY.

*To cause round smooth breasts meandered with
azure veins.*

SCABIOUS water, verjuice, the waters of rosemary flowers, bean blossoms, and the juice of citron, of each an ounce, mix them well with oil of myrrh and mastich, each a dram ;
dip

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dip a fine cloth into this compound, and spreading it over the breasts, lay on caps as in the former; and do this every morning for ten days, and it will effect your desire, after which you may anoint them with sperma cœti, and make them soft and smooth.

To beautify an itchy, scurvy, or sun-burnt face, neck, breast, hands, &c.

TAKE of succoury and fumitory water each an ounce; frankincense a dram; camphire and rosemary flowers of each two drams; white wine half a pint; infuse these a night and a day; then simmer them over a gentle fire for half an hour; then pour it off by inclination; and with this wash the neck and breasts, &c. and after you have used this a while, use the following.

ALLUM four drams; aloes a dram; juice of lemons an ounce; pelletory water two ounces; the juice of lilly roots half an ounce; mix these together, and add two drams of oil of myrrh, and after they have continued four and twenty hours, wash them with this water

ter, and it will prove an excellent and effective one.

To draw any humour out of the neck or face, that may swell or deform them.

TAKE two new laid eggs, open the tops of them, and take out part of the whites, then put in anniseeds and cummin seeds finely powdered; then close up the top of the egg with paste, and lay it in hot embers till it becomes very hard; than cut it in the middle and mash the seeds and eggs together with a dram of amber oil; spread it plaisterwise, and apply it to the neck and temples.



C H A P. XIV.

O F T H E H A N D S, &c.

*To take away unseemly Chaps, Rifs, or hinder
the peeling of the Skin in the Hands, &c.*

TAKE oil of roses two drams; deer's and
goat's suet of each two ounces; borax,
two drams; soft red wax half an ounce;
tutty two drams; pomatum four drams:
make these into an ointment over a gentle
fire, and anoint the place injured with it,
and wash it off the next morning with a
little cream, or new milk, warmed; and in
doing this two or three nights, the greatest
damage injurious airs, or the scorching sun,
can do you, this way will be repaired.

*To remedy swollen Hands, or such as look red,
blue, or any other unsightly colour, and cause
small azure veins to appear and beautify them.*

TAKE a quart of white wine, and boil in it
rosemary and lavender flowers, of each an
ounce;

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ounce; penny-royal and rue, of each a handful; dill and coriander seeds grossly bruised, of each a quarter of an ounce: strain out the liquid part, and wash your hands and arms as hot as you can endure it.

*To beautify knotty, or gouty Hands or Fingers,
and restore them to a Neatness of Shape.*

TAKE of barley meal two ounces; the juice of citrons one ounce; cream of tartar two drams; oil of turpentine four drams; litharge of silver and oil of roses each two drams: make these into a salve, over a gentle fire, and apply it plaisterwise, renewing it every other day for eight or ten days.

To make hard russet Hands soft and white.

TAKE of the flour of beans and lupins well ground, and finely sifted, of each four ounces; white starch ovris and blanched almonds of each two ounces; beat them together into a kind of paste with four ounces of castile soap and rose water, and with it rub and wash your hands often; and supple
them

them with the oil of sweet almonds mixed and warmed with new milk.

OF NAILS.

To remove unseemly Spots from Nails.

TAKE of myrrh a dram; venice turpentine two drams, incorporate these over a gentle fire, and spread a plaister of them upon a piece of fine silk, and apply it to the nails, and it will remove the spots, for want of these bruise the seed of flax half an ounce; honey an ounce; soft wax two drams: make them into a plaister, or thin ointment, and apply it to the nails.

For bruised Nails that become black, or of any other deformed colour.

TAKE of capon's grease and oil of camomile of each two drams; flower of sulphur two scruples; the powder of cummin seed a grain; oil of roses a scruple: make these into a plaister by incorporating them with diaculum, and apply it to the nails.

To

drams; the juice of houseleek two drams; mutton suet half an ounce; make these into a salve, or thick ointment, over a gentle fire, and apply it to the place grieved.

To cure Hands, &c. scratched by Nails though festered.

TAKE of olive oil a quarter of a pint; the juice of groundfil and bees wax, of each two ounces; stone pitch half an ounce: make these into a salve over a gentle fire, and apply it plaisterwise shifting it every other day.

To cure a Fellon, or Whitelow, that much pains and deforms the Fingers or Thumbs, &c.

TAKE of Neal wort, a herb so called, an ounce and a half; rye meal, half an ounce; turpentine two drams; linseed oil, one dram; bole armoniac a scruple in powder: apply these plaister-wise, and when the tumour is broke, heal it with ointment of marsh mallows, and a plaister of diaculum.

Of

Of the Wrinkles of Women's Breasts, and the Wrinkles on the Belly of those who have had Children.

MELT any quantity you please of white wax, and add thereto an equal quantity of sperma cœti, incorporate both ingredients together, and add a small quantity of brandy: dip a linen cloth in this liquor, and apply to the belly after delivery; bind up the body with other cloths: you must turn every morning the linen cloth that was dipped in wax, and renew it every eight days. This will entirely prevent the wrinkles, and preserve the skin smooth and tight. The cloths that you prepare for the breasts must have a hole in the middle, in order to give a passage to the nipple, lest they should be too much squeezed; for too great a compression of them may produce several fatal effects.

Green sickness how to remedy it, and restore a fair and lively complexion.

To remove this malady, First enter into a wholesome course of diet, which having continued for a week,

TAKE of decoction of Guaiacum, with dittany of Crete made in white wine, three or four spoonfuls fasting in a morning, and if you do not find a great alteration and amendment by this, it is then too weak for the concatenation of humours, which are very gross and stubborn, and must have something stronger to struggle with, and overcome them : therefore

TAKE aloes, senna, and rhubarb, grossly bruised of each two drams, infuse them four and twenty hours in a quart of white wine, and sweeten it with two ounces of sugar-candy : drink two ounces of this as hot as you can endure it in a morning ; and walk about for half an hour after without eating and drinking ; but beware not to catch cold : do this six times in six mornings at least,
and

and neither eat or drink any four or salt thing, least they shut up the passages, and retard the humours from flowing to those places where they may be evacuated.



CHAP. XV.

MISCELLANEOUS RECEIPTS.

A Water for Whitening the Skin.

TAKE equal parts of the roots of snake-weed, and of the roots of daffodil; a pint of cow's milk, and crumbs of white bread: distil all the ingredients in a glass alembic: and, after the operation, mix the distilled water with an equal quantity of Hungary water. The distilled water of fennel and that of white fleur-de-lis, with a little mastic, produce the same effect, in order to give these waters a sweet smell; put some grains of musk into the neck of the alembic.

A Water which makes Women more beautiful.

PUT into a retort five quarts of brandy, three pounds of crumbs of bread, six ounces of plum-tree gum, four ounces of the litharge of silver, and eight ounces of sweet almonds: when the whole is well pounded digest it for eight days, and afterwards distil it in a bath heat. The face is to be washed with the liquor that results from the distillation. Let the skin imbibe it without rubbing, and it will become charming white.

Distilled Water for giving a beautiful Carnation.

TAKE two quarts of vinegar, three ounces of mouth glue, two ounces of nutmegs, six ounces of common honey: distil with a slow fire, and add to the distilled liquor a small quantity of red sanders, in order to give it a little colour. Before using it, the face should be washed with soap water: but after using the distilled water, the face is not to be washed, that it may grow fair and red, and look healthy.

A Composition which gives an admirable Lustre to the skin.

TAKE an equal quantity of the juice of lemons and of the white of eggs ; beat all together in an earthen pot that is varnished, put it over a gentle fire, and stir it with a wooden spatula till the whole acquires the consistence of butter ; keep it for use ; and before you use it you may add to it any perfume that pleases you best : the face is to be washed with rice water before the application of it. This is one of the best compositions that can be used for rendering the face handsome, bright, and smooth.

Balsamic Water.

TAKE a pound of Venice turpentine, oil of bays, galbanum, gum arabic, gum of ivy, frankinsence, myrrh, hepatic aloes, aloes wood, cloves, ginger, white dittany, of each three ounces ; borax four ounces ; musk a dram ; of ambergrease a scruple ; put the whole into six quarts of brandy ;
beat

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beat in a mortar what can be reduced to powder, and afterwards distil. The balsamic water, that results from this operation, fortifies the parts, and gives them that vigour and beauty that are so pleasing to the eye.

A White Cosmetic Water.

TAKE eight ounces of bitter almonds, beat them in a mortar, with two pounds of plantain or rose water; afterwards dissolve therein half a scruple of sublimate and the whites of two eggs.

Benjamin Water.

TAKE storax two ounces; the best benjamin four ounces; cloves grossly bruised three drams; florence orris an ounce; citron peel half an ounce; cinnamon an ounce, grossly bruise these altogether, and put them into a new glazed earthen vessel, with a quart of fair water, and half a pint of white wine, let them infuse four and twenty hours close covered; then set the vessel over a gentle fire, keeping the cover on till a fourth part
is

is consumed : then add three grains of musk,
two of civet and one of ambergrease.

Angel Water.

THIS is a very excellent beautifier ; to make
it right

TAKE of clary and baum flowers each an
ounce ; jessamine and orange flowers of each
two ounces ; rosemary and melitot flowers of
each three ounces ; frankinsence in fine pow-
der one ounce ; camphire half an ounce ; fu-
mitory and lavender flowers of each two
ounces ; distil these in five pints of white
wine, and a pint of spirit of wine, after they
have been infused in it a night and a day ;
and wash the face, neck, breasts, hands, or
any other part, with it, after washing first
with warm water to supple the skin, and it
will give a larger lustre to your beauty.

For

For a swarthy complexion, and to take off any injury of Weather by being long abroad in it.

TAKE half a peck of wheat bran, sift it till no meal remains in it; then put it to a gallon of white-wine vinegar, and a dozen new laid eggs, broken and beaten in, distil these, and it will render you an excellent water fit to wash with, and cause a soft and clear skin with a cheerful blush, so that in a week or ten days time the alteration will be very surprising.

Marygold Flower Water.

TAKE two pound of marygold flowers when just blowing, pick them clean from the seeds and stalks, and after they have been dried a little in the sun to take out the superfluous moisture, put them into two quarts of spirits of wine, with an ounce of bruised cloves, and distil them in a cold still, till no more moisture will issue forth.

THIS

THIS water is excellent to take awy flushings, or heat in the face, or hands, and two spoonfuls drank in a glass of wine removes heart sicknels, takes away noises in the head, and causes redness and inflammations in the eyes to cease.

A Cordial Water called Dr. Stevens's Water.

TAKE rosemary-flowers, thyme, and tops of lavender, of each a little handful, ginger, cinnamon, galengale, nutmeg, grains of paradise, coriander, and fennel seeds grossly bruised of each four drams; mint, sage, and clary of each two ounces; put these into a gallon of good spirit, and let them infuse, close stopped, five or six days, then distil them in an alembick, and this cordial will comfort the heart and brain, strengthen the memory, ease pains in the head, and cause a fresh and lively complexion.

A

A rich Cordial, Cinnamon Water.

TAKE the finest bark of the cinnamon that has not lost its scent in any degree, five pounds, bruise it a little and put it into twelve gallons of low wine, or good spirit, and let it infuse twelve days, then distil it, and it will produce an exceeding comfortable cordial water, to corroborate the heart, and cheer the brain.

Montpellier Way of perfuming Cyprus, or Moss of Oak.

TAKE two pounds of moss of oak well cleansed, infuse it in any sweet water, as orange, benjamin, angel-water, &c. and after it is dry, infuse in it eighteen grains of civet, with a little sugar; then put to it a dram of musk, and lay it up in a box very closely covered, and it will be of an excellent scent to carry about you, or to scent hair, powder being laid in it.

Powder

Powder of Amberet, the best Way to make it.

TAKE five pounds of the powder of jessamine, and the same quantity of musked roses, mix them together; then fill a sieve with the powder, pour in four drams of the essence of amber, mix them well together and sift your powder, but not the lumps made by the essence, which must be taken out, and put in again by themselves, then sift them till the whole be dried, and run through; then mix all together, and it will be a curious scented powder.

To make perfumed Wash-Balls excellently to scent and beautify the Hands, Face, or any other Part of the Body.

TAKE four ounces of benjamin, two of storax, an ounce of orris, and an ounce of yellow sanders, cloves, cinnamon, and dried citron peel, of each an ounce; pomander one ounce; and of nutmeg one dram: beat these into a fine powder, sift it, and having dissolved cake, or castile soap, in

I

rose

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rose or benjamin water that it may be made up into a stiff paste, mix this powder with it, that by very well kneading it together it may spread in all parts equally, and then make it up into balls, rolling them in almond powder, for the better preserving the scent till you use them; paper them up and keep them in close boxes, and they will not only perfume but beautify the skin.

A Frankinsence Perfume to take away ill Scents.

TAKE frankinsence two ounces; sulphur vive two drams; wood of sassafras half an ounce; wood of cedar an ounce; oil of turpentine an ounce; beat the wood or rasp them, that they may become a fine powder; and mixing all these together let them be made up in little balls or lozenges, to burn in your chamber, &c.

Roman perfumed Snuff.

TAKE a pound of snuff of what perfume of flowers you best like; warm a small mortar, and melt in it two grains of amber-grease

grease; put in your snuff by degrees, and stir it till your mortar is half full, then lay that by, and cover it with the rest; then beat in the mortar ten grains of musk, with a little piece of loaf sugar, throwing over it the snuff; and when it is well mingled mix it with that you took out before, and cover it again, you must likewise mix five grains of civet with a piece of sugar, beating it as before; then mix them all well together, and it will be a rich perfumed snuff.

Amber scented Snuff.

TAKE snuff, a pound or more, that has already taken the scent of any flowers, warm a little mortar, and melt into it four grains of ambergrease, throw the snuff lightly over it, and still mix it with a pestle, till you have filled the mortar; than mix it well with your hands, and put it up close in tin boxes with lids that shut over, to keep the scent better and longer; and if the scent be too weak add more perfume, if too strong, weaken it as you see occasion, or as it best suits to please yourself and others.

*Liquid Snuff for comforting the Brain, and
easing Pains in the Head.*

TAKE flowers of rosemary two pounds, steep them in a pint of benjamin water, distil them; and into the water drop oil of sweet marjoram, mace, and lavender, of each six drops, shake them with the water till they mix: snuff up a little at a time, laying it for that purpose in the palm of your hand; and it will not only be a pleasant scent, but prevent apoplectic fits, megrims, dizziness, and remove vapours, or ill airs that arise to cloud and disturb the brain: it will also take away dulness and heaviness of the eyes, rendering them chearful and lively.

To make snuff in Grains of an unequal Size.

TAKE two sieves disproportioned in the bigness of their passings through in sifting, let their bottoms be of cloth, so you will have in sifting grains disproportioned, which you may perfume as the other.

THESE

THESE kinds of snuff are much in use, and, moderately taken, are very good for the brain, casting likewise a pleasant fragrancý. And those, that will not take snuff, may nevertheless carry some of them about in little ivory boxes, and smell to them; and in a manner they will work the same effect as taking them up the nostrils.

Powders of the Hair, Linen, or Sweet Bags.

TAKE of florentine iris roots one pound; benjamin four ounces; cloves the like quantity: storax two ounces: powder them all very fine and mix them together: this may be used to scent your hair powder withal, adding about three ounces of this powder to a pound of starch powdered and finely sifted; or else the like quantity of rice flour; powder of pease or French beans, powdered and sifted very fine.

Another.

TAKE of iris roots six ounces ; red rose leaves powder four ounces ; cyprus half a dram ; marjoram, cloves, and storax, of each one ounce ; benjamin and yellow faunders of each half an ounce ; violets three drams ; musk one dram ; being powdered grossly is excellent to fill sweet bags : or the gross being reserved for this use, the finer part may be sifted well, and used for perfuming your hair-powder.

Another.

TAKE of iris roots three pounds ; cyprus roots, benjamin, yellow faunders, lignum rhodium, citron peel, storax, calamita, cloves, cinnamon, pure labdanum, of each one ounce ; sweet marjoram twelve handfuls ; flowers of Roman camomile and rosemary, leaves of sweet musk, thyme, and favoury, of each two handfuls and a half ; the best musk a quarter of an ounce ; civet half so much ; ambergrease half a dram ; let all
be

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be driven into gross-powder, except the amber, civet, and musk, which must be finely powdered, and afterwards mixed. This is an excellent powder for linen and bags; it will endure sixteen years very strong, and is the best composition you can make. If you mix a less proportion of civet, musk, and amber, it cannot be expected to be so pleasant, nor will be near so lasting.

Another.

TAKE of common iris roots powdered one pound; calamus aromaticus two ounces; roses four ounces; coriander-seeds two ounces; lignum aloes one ounce; marjoram and orange peel of each an ounce; storax calamita ten drams; Labdanum six drams; Trochises of roses two ounces; lavender four ounces; cloves two ounces; bay leaves half a dram; galingal two drams; mix all these and powder them fine; then add musk and amber of each half a dram; and you will have an excellent perfume to mix with the flour of starch, rye, or French beans, for hair-powder.

Another.

Another.

TAKE of the roots of florentine iris four ounces; violet flowers newly dried one ounce; of round cyprus two drams; reduce these into powder, and mix with it of the true distilled oil of roses a dram and a half; and it will give a very delightful and pleasing smell. This is proper for those persons who do not affect those strong perfumes made with musk and civet. 'Tis useful either for sweet-bags, or to mix with hair powder.

An excellent Powder to wash with.

TAKE the pressings, which remain after the oil is drawn off of sweet and bitter almonds, of each four ounces; the flower of French barley and lupins of each two ounces; best roots of iris powdered one ounce; a few white roses dried; benjamin six drams; salt of white tartar, whitest chalk powdered, and sperma ceti, of each half an ounce; oil of Rhodium one scruple; oil of cloves
and.

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and lavender half a scruple : mix and make them into a powder, and use it in washing your hands, face, &c. you will find it give the skin an excellent odour, and make it curiously white and smooth.

An odoriferous Balsam to comfort the Brain, and revive the Spirits.

TAKE oil of musk one dram ; oil of cloves six grains ; oil of lillies of the valley three grains ; and a little virgin's wax : mix them all together according to art : anoint the nostrils with it, and you will find it very refreshing and pleasant.

Another.

TAKE cloves, cinnamon, lavender, and nutmegs of each two drams ; oil of cloves, oil of lavender, angelica, and spike, of each half a scruple ; wax four drams ; musk and amber of each three grains : all which being mixt, and made up into a balsam, will be of the same use and virtue as the former.

A perfumed Composition, to carry about in a silver Box.

TAKE true jessamine butter half an ounce; essence of orange flower, essence of cinnamon, oil of orange peel, oil of nutmegs, essence of roses, of each half a scruple; flowers of benjamin one scruple; essences of musk, amber, and civet, of each half a scruple: all these must be worked well together in a cold and small marble mortar, and than use it.

Perfumed Pastes, or Pomanders, for Bracelets.

TAKE storax calamita and labdanum of each a dram and half; benjamin one dram; cloves, mace, wood of aloes, lavender-flowers, of each half a scruple; musk and ambergrease of each four grains; a little turpentine; gum tragacanth dissolved in rosewater as much as will suffice: mix them well in a warm mortar, and make them all into a paste for use.

Another

*Another Pomander of exceeding pleasant Smell,
and of great Virtue against Pestilential Airs,
and the Fits of the Mother.*

TAKE florentine iris roots, cloves, mace, cinnamon, of each half an ounce; yellow saunders, storax calamita, and benjamin of each two drams; ambergrease one dram; Musk of Alexandria half a dram; balsam of Peru and oil of Rhodium of each a scruple: mix all well together, and add two drams of civet: if you think it too chargeable, you may make half the quantity.

Trochises of Roses.

TAKE the shavings of the greenest cypress wood one ounce; florentine iris six ounces; calamus aromaticus three drams; wood of aloes six drams: pound them all together. Then take three or four hundred red damask roses clean picked, beat them in a mortar with a wooden pestle; when they are half beaten, put in the powder; then pound them again, moistening them with a little

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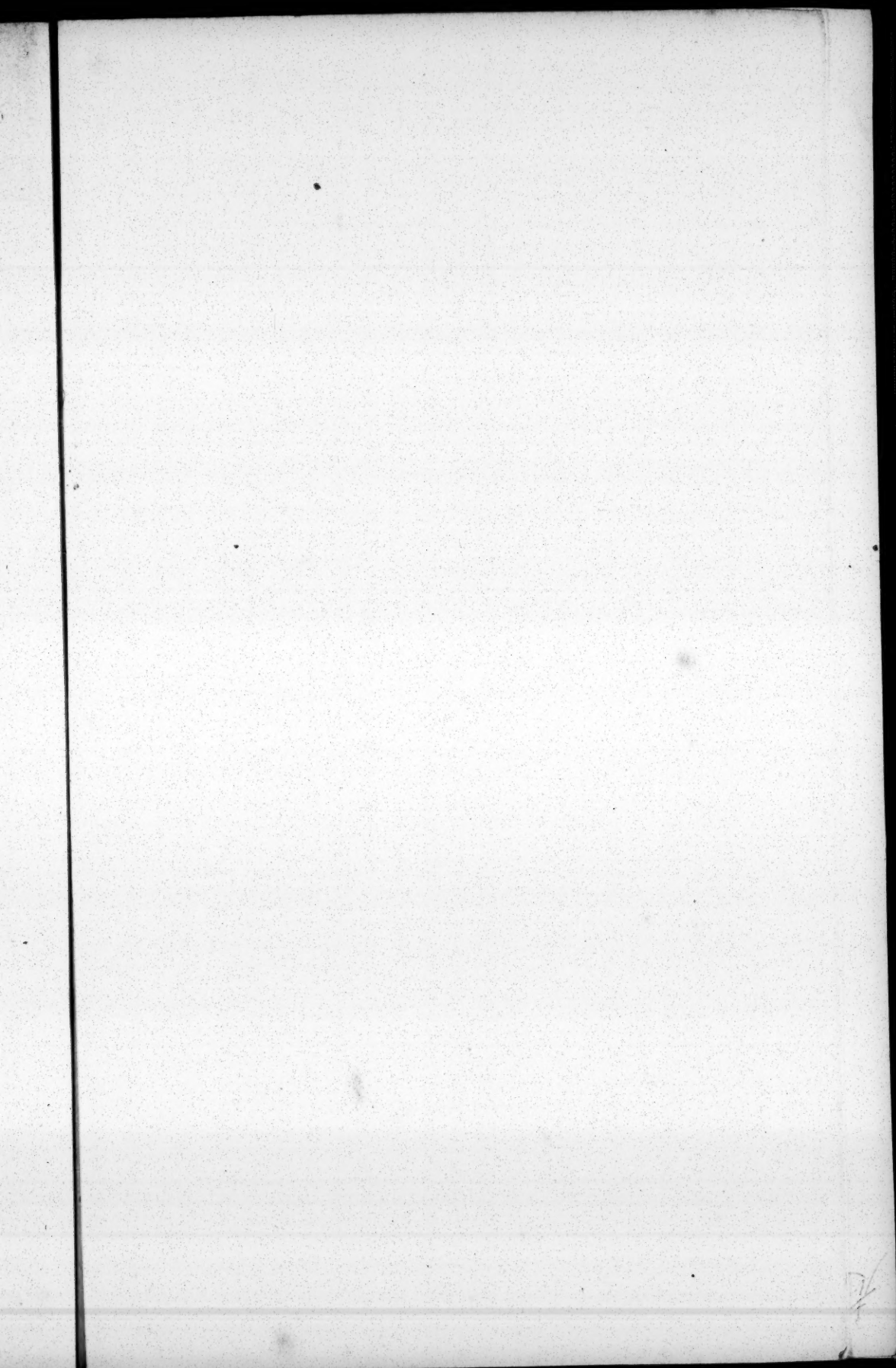
little damask rosewater ; and when they are very well mixed, make them up into little trochises, and dry them in the shade. If you would heighten the perfume, add musk and ambergrease, as much as you think fit, powdering the musk, and dissolving the ambergrease in rose-water ; and then mix it with the rest. This may be used in making musk soaps, and sweet powders, as well as pomanders.

A Pomander made of this Trochise.

TAKE the trochise of roses above-mentioned half an ounce ; the best labdanum two ounces ; storax calamita and benjamin of each an ounce ; violets powdered one ounce ; amber and musk of each half a dram : powder which is to be powdered : mix them all well together, and work them well into a paste, of which you may make excellent pomanders of a very durable scent.

F I N I S.





11/27